

## CHRISTMAS AND NEW YEAR TRADING HOURS:

TUESDAY 24 DECEMBER 2019  
6AM - 6PM

WEDNESDAY 25 DECEMBER 2019  
CLOSED

THURSDAY 26 DECEMBER 2019  
8AM - 4PM

FRIDAY 27 DECEMBER 2019  
6AM - 6PM

SATURDAY 28 DECEMBER 2019  
6AM - 6PM

SUNDAY 29 DECEMBER 2019  
8AM - 6PM

MONDAY 30 DECEMBER 2019  
6AM - 6PM

TUESDAY 31 DECEMBER 2019  
6AM - 6PM

WEDNESDAY 1 JANUARY 2020  
8AM - 4PM

THURSDAY 2 JANUARY 2020  
6AM - 9PM

**BALC CHILDREN'S CENTRE WILL BE CLOSED FROM TUESDAY 24 DECEMBER 2019 AND WILL RE-OPEN ON WEDNESDAY 8 JANUARY 2020.**



## CHRISTMAS & NEW YEAR GROUP FITNESS TIMETABLE 2019/20



# CHRISTMAS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	23 DEC	24 DEC	25 DEC	26 DEC	27 DEC	28 DEC	29 DEC
6.10AM	FITBOX45 STAGES FLIGHT	BODYPUMP RPM			STAGES FLIGHT		
9.00AM						BODYPUMP RPM WATER WORKOUT ★	BODYSTEP RPM
9.25AM	PILATES ★ RPM	BODYPUMP AQUA ACTION		BODYPUMP STAGES FLIGHT	FIT 45 WATER WORKOUT ★		
10.00AM			NO CLASSES			PILATES ★	YOGA ★
10.30AM	BODYPUMP GENTLE WARM WATER ★	FIT45		PILATES ★ AQUA MOVERS ★	BODYPUMP		
11.45AM	LOW IMPACT BASICS ★	DANCE BASICS ★					
4.30PM							BODYPUMP
5.00PM		RPM			PILATES ★		
5.30PM	RPM FIT45						
6.30PM	BODYPUMP						
	30 DEC	31 DEC	1 JAN	2 JAN	3 JAN	4 JAN	5 JAN
6.10AM	FIT45 STAGES FLIGHT	RPM		BODYPUMP	FITBOX45 STAGES FLIGHT		
8.00AM						ZUMBA	
9.00AM						BODYPUMP STAGES FLIGHT WATER WORKOUT ★	BODYSTEP RPM
9.25AM	FITBOX45 RPM	BODYPUMP STAGES FLIGHT AQUA ACTION	BODYPUMP RPM	FITBOX45 AQUA ACTION	FIT45 RPM WATER WORKOUT ★		
10.00AM						PILATES ★	BODYBALANCE ★
10.30AM	BODYPUMP GENTLE WARM WATER ★	PILATES ★	PILATES ★ AQUA MOVERS ★	PILATES ★	BODYPUMP		
4.30PM							BODYPUMP
5.00PM	BODYPUMP				PILATES ★		
5.30PM				BODYPUMP STAGES FLIGHT			
6.30PM				YOGA ★			

**VIRTUAL FLIGHT: 10.30am, 12pm and 3pm every day over the Christmas timetable (excluding Christmas day).**

STUDIO ONE

STUDIO TWO

AQUA

★ Indicates classes available on Over 60's discount.